ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: (44) 0113 387 7133
Fax: (44) 0113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (PETL30706.0)
- the NAME of the product (PROFORM 450 CX treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the center of this manual)

Part No. 238098 R0506A

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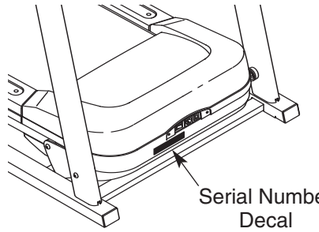
PRO-FORM® 450 CX

Model No. PETL30706.0
Serial No. _____



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

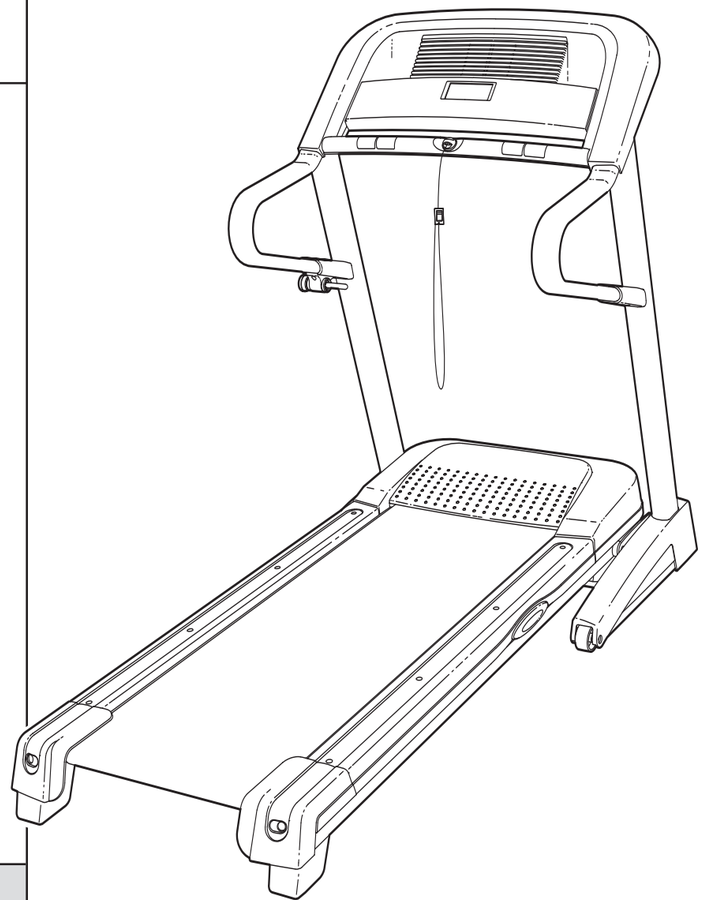
or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



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PRO-FORM® 450 CX

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Note: An EXPLODED DRAWING and a PART LIST are attached in the center of this manual.

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CONDITIONING GUIDELINES

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

HEART RATE TRAINING ZONES

AEROBIC	165	155	145	140	130	125	115
MAX FAT BURN	145	138	130	125	118	110	103
FAT BURN	125	120	115	110	105	95	90
Age	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your “training zone.” The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

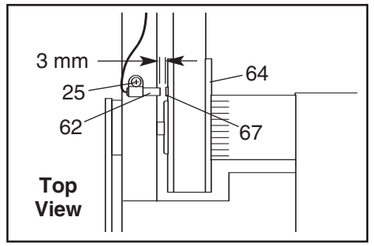
Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

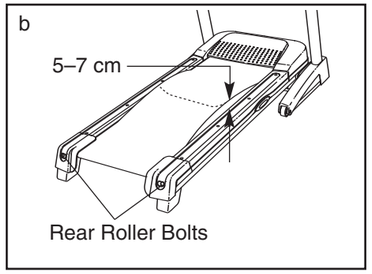
Locate the Reed Switch (62) and the Magnet (67) on the left side of the Pulley (64). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 3 mm (1/8 in.).** If necessary, loosen the Silver Ground Screw (27), move the Reed Switch slightly, and then retighten the Screw. Reattach the Hood (not shown), and run the treadmill for a few minutes to check for a correct speed reading. If the reading appears normal, reattach the Foot Rails (not shown).



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm² (14-gauge) cord that is no longer than 1.5 m (5 ft.).

b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.

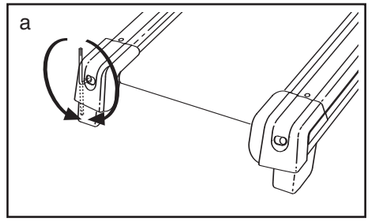


c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 5 to 7 cm (2 to 3 in.) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on a surface that blocks any air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should be used only by persons weighing 115 kg (275 lbs.) or less.**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 14), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **Keep the power cord away from heated surfaces.**
12. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)**
13. **Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 16).**
14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.**
17. **Never leave the treadmill unattended while it is running. Always remove the key and unplug the power cord when the treadmill is not in use.**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 24.) You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.**
19. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
20. **When using iFIT.com CDs and videos, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. Always listen for the "chirp" and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before the personal trainer describes the change.**

21. When using iFIT.com CDs and videos, you can manually override the speed and incline settings at any time by pressing the speed and incline buttons. However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the CD or video program.

22. Always remove iFIT.com CDs and videos from your CD player or VCR when you are not using them.

23. Inspect and properly tighten all parts of the treadmill regularly.

24. Never insert any object into any opening.

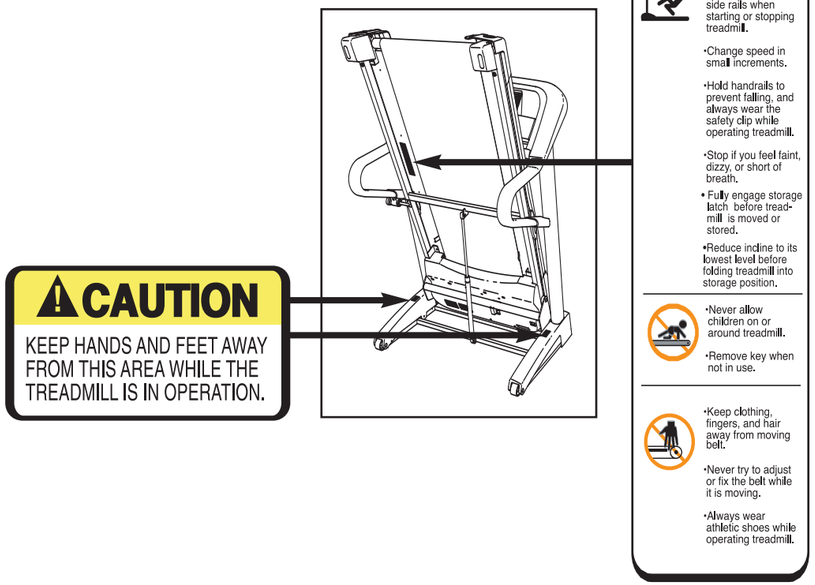
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decals shown at the right have been placed on the treadmill. If a decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decals are not shown at actual size.



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

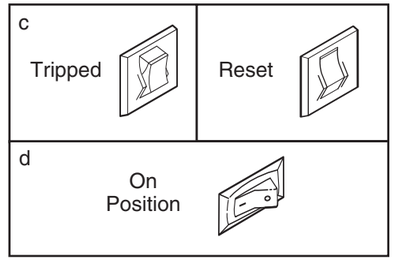
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 14). If an extension cord is needed, use only a 3-conductor, 1 mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). Important: The treadmill is not compatible with GFCI-equipped outlets.

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the treadmill near the power cord. The switch must be in the "on" position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

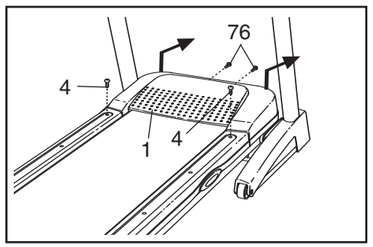
c. Remove the key from the console. Reinsert the key into the console.

d. Make sure that the on/off switch is in the "on" position (see d. above).

e. If the treadmill still will not run, see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the two Foot Rail Screws (4) and the two Hood Screws (76) and carefully remove the Hood (1).

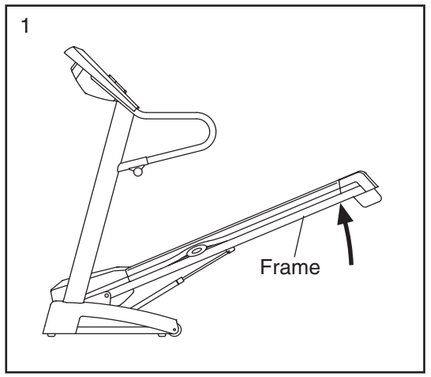


HOW TO FOLD AND MOVE THE TREADMILL

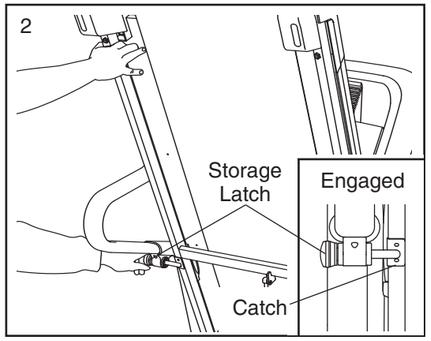
HOW TO FOLD THE TREADMILL FOR STORAGE

Before folding the treadmill, adjust the incline to the lowest position. If this is not done, the treadmill may be permanently damaged. Next, unplug the power cord. CAUTION: You must be able to safely lift 20 kg (45 lbs.) to raise, lower, or move the treadmill.

1. **Hold the metal frame firmly in the location shown by the arrow at the right. CAUTION: To decrease the possibility of injury, do not lift the frame by the plastic foot rails. Make sure you bend your legs and keep your back straight. As you raise the frame, lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the latch knob to the left and hold it. Raise the frame until the catch passes the latch pin, and then slowly release the latch knob. **Make sure that the catch is held securely by the latch pin, as shown.**



To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° Fahrenheit (30° Celsius).

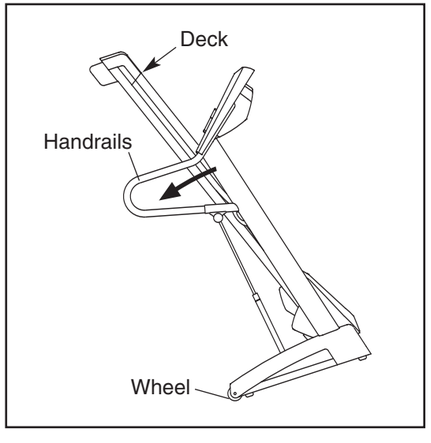
HOW TO MOVE THE TREADMILL

Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the catch is held securely by the latch pin.**

1. Hold one handrail with one hand, and place your other hand on the deck. Place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.



HOW TO LOWER THE TREADMILL FOR USE

1. See drawing 2 above. Hold the frame with your right hand as shown. Pull the latch knob to the left and hold it. Pivot the frame down until it is past the latch pin.

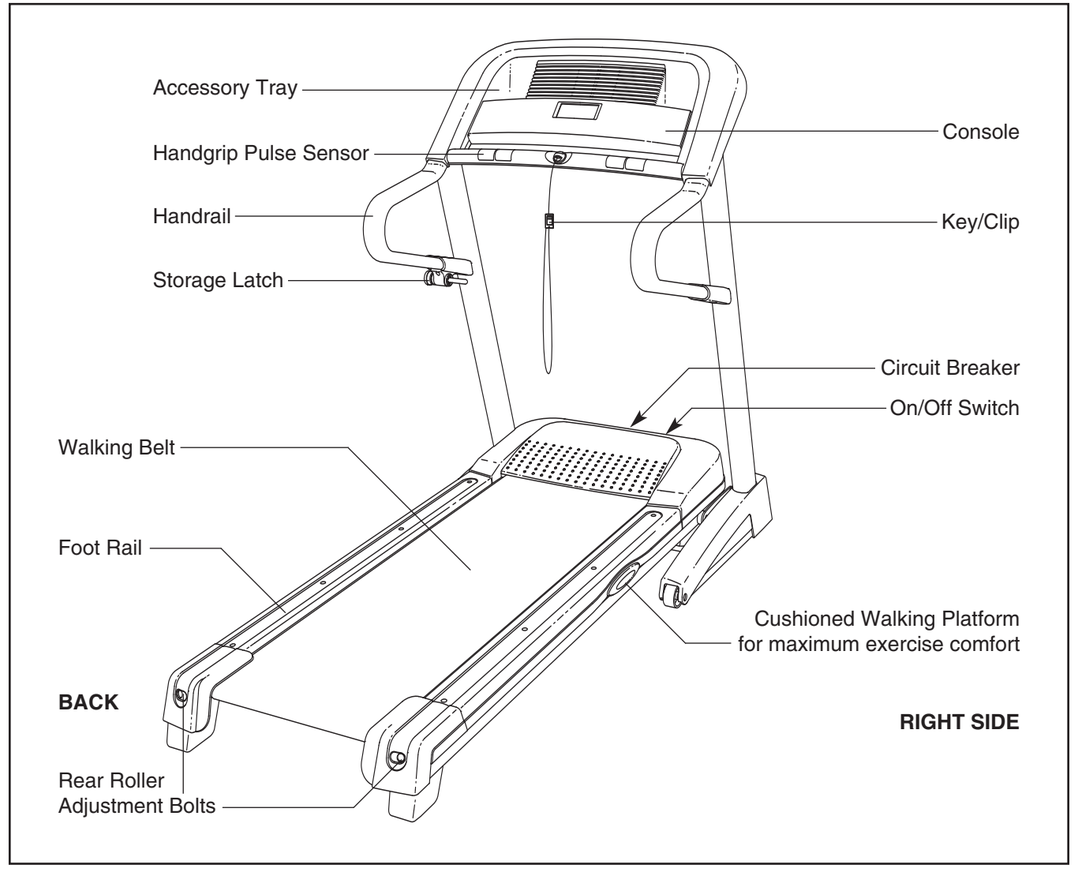
2. See drawing 1 above. **Hold the metal frame firmly with both hands**, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight.**

BEFORE YOU BEGIN

Thank you for selecting the new PROFORM® 450 CX treadmill. The 450 CX treadmill combines advanced technology with innovative design to help you get the most from your exercise in the convenience of your home. And when you're not exercising, the 450 CX treadmill can be folded up, requiring less than half the floor space of other treadmills.

For your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is PETL30706.0 The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

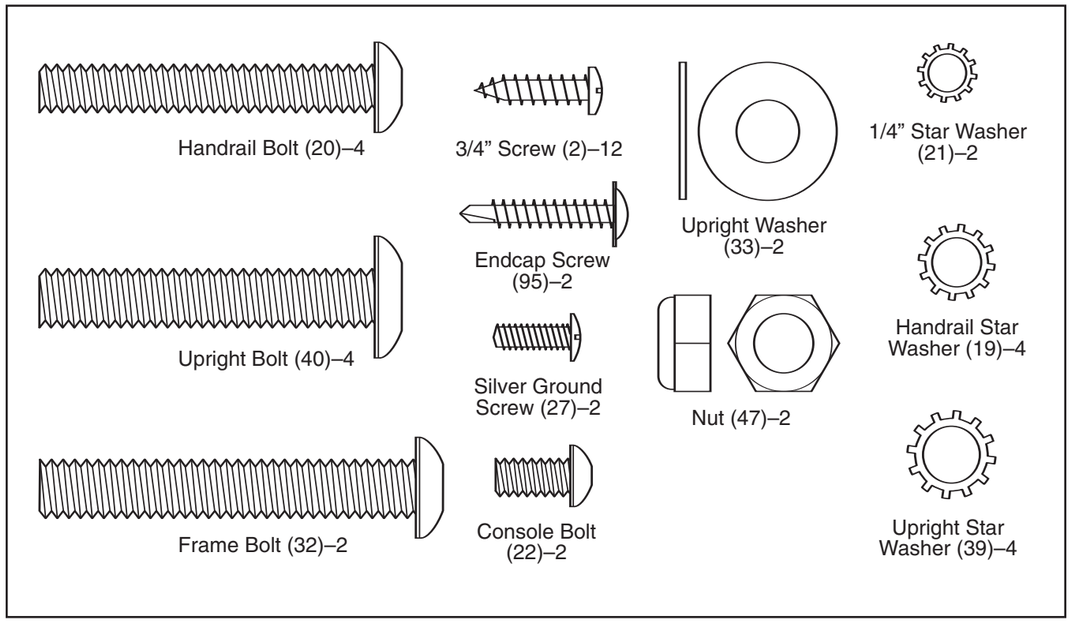


ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; do not dispose of the packing materials until assembly is completed. Note: The underside of the walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

Assembly requires the included hex keys and your own phillips screwdriver , rubber mallet , adjustable spanner , and wire cutters .

For help identifying the assembly hardware, see the drawings below. The number in parentheses below each drawing is the key number of the part, from the PART LIST in the center of this manual. The number following the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it has been pre-assembled. To avoid damaging plastic parts, do not use power tools for assembly.**



6 Follow the on-line instructions to start the program.

When you start the program, an on-screen countdown will begin.

7 Return to the treadmill and stand on the foot rails. Find the clip attached to the key and slide the clip onto the waistband of your clothes.

When the on-screen countdown ends, the program will begin and the walking belt will begin to move. Hold the handrails, step onto the walking belt, and begin walking. During the program, an electronic "chirping" sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the "chirp" and be prepared for speed and/or incline changes.**

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. **However, when the next "chirp" is heard, the speed and/or incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 Km/H. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program ends, the walking belt will stop. Note: To use another program, press the Stop button and go back to step 5.

Note: If the speed and/or incline of the treadmill does not change when a "chirp" is heard, make sure that the indicator above the iFIT button is lit and that the time is not flashing in the display. In addition, make sure that the audio cable is properly connected.

8 Follow your progress with the display.

See step 5 on page 17.

9 When you are finished exercising, remove the key from the console.

See step 8 on page 17.

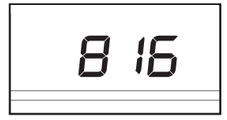
THE INFORMATION MODE/DEMO MODE

The console features an information mode that keeps track of treadmill usage information and allows you to select a unit of measurement for the console.

To select the information mode, insert the key into the console while holding down the Stop button, and then release the Stop button. When the information mode is selected, the following information will be shown:

An "E" (for English) or an "M" (for metric) will appear in the lower right corner of the display. Press the Speed increase button to change the unit of measurement, if desired. **IMPORTANT:** If a "d" appears in the display, the console is in the "demo" mode. This mode is intended to be used only when a treadmill is displayed in a store. When the console is in the demo mode, the power cord can be plugged in, the key can be removed from the console, and the display will remain lit, although the buttons will not operate. **If a "d" appears when the information mode is selected, press the Speed decrease button so the "d" disappears.**

The upper left corner of the display will show the total number of hours that the treadmill has been used.



The lower left corner of the display will show the total number of kilometers (or miles) that the walking belt has moved.

To exit the information mode, remove the key from the console.

If the speed or incline settings are too high or too low, you can manually override the settings at any time by pressing the Speed or Incline buttons on the console. However, **when the next "chirp" is heard, the speed and incline will change to the next settings of the program.**

To stop the walking belt at any time, press the Stop button on the console. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. After a moment, the walking belt will begin to move at 2 Km/H. **When the next "chirp" is heard, the speed and incline will change to the next settings of the program**.

When the program is completed, the walking belt will stop. Note: To use another MP3, CD, or video program, press the Stop button or remove the key and go to step 1 on page 21.

Note: If the speed and incline of the treadmill does not change when a "chirp" is heard:

- **Make sure that the indicator above the iFIT button is lit and that the time is not flashing in the display. If the time is flashing, press the Start button or the Speed increase button on the console.**
- **Adjust the volume of your MP3 player, CD player, or VCR. If the volume is too high or too low, the console may not detect the program signals.**
- **Make sure that the audio cable is properly connected.**
- **If you are using a portable CD player and the CD skips, set the CD player on the floor or another flat surface instead of on the console.**

4 **Follow your progress with the display.**

See step 5 on page 17.

5 **Measure your heart rate if desired.**

See step 5 on page 17.

6 **Turn on the fan if desired.**

See step 7 on page 17.

7 **When you are finished exercising, remove the key from the console.**

See step 8 on page 17.

CAUTION: Always remove iFIT.com CDs and videocassettes from your CD player and VCR and disconnect your MP3 player when you are not using them.

HOW TO USE AN IFIT.COM PROGRAM DIRECTLY FROM OUR WEB SITE

Our Web site at www.iFIT.com allows you to access basic programs, audio programs, and video programs directly from the internet. Additional options are soon to be available. See www.iFIT.com for details.

To use programs from our Web site, the treadmill must be connected to your home computer. See HOW TO CONNECT YOUR COMPUTER on page 20. In addition, you must have an internet connection and an internet service provider. A list of specific system requirements is found on our Web site.

Follow the steps below to use a program from our Web site.

1 **Insert the key into the console.**

See HOW TO TURN ON THE POWER on page 16.

2 **Select the iFIT.com mode.**

See step 2 on page 21.

3 **Go to your computer and start an internet connection.**

4 **Start your web browser, if necessary, and go to our Web site at www.iFIT.com.**

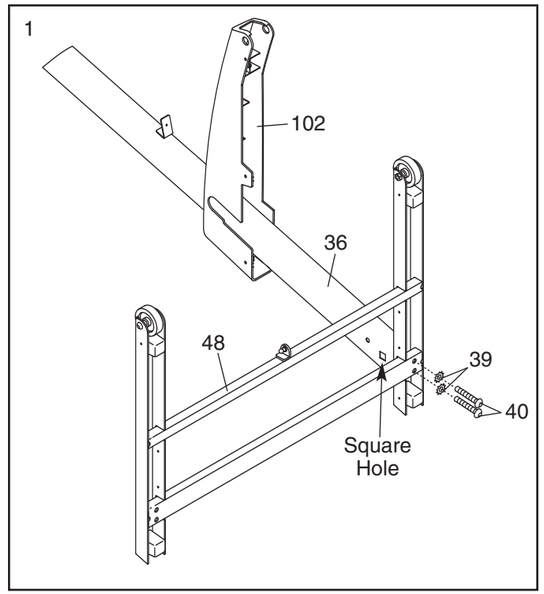
5 **Follow the desired links on our Web site to select a program.**

Read and follow the on-line instructions for using a program.

1. **Make sure that the power cord is unplugged.**

   Identify the Right Upright (36), which has a square hole in the location shown. Slide the Right Base Leg Cover (102) onto the Right Upright.

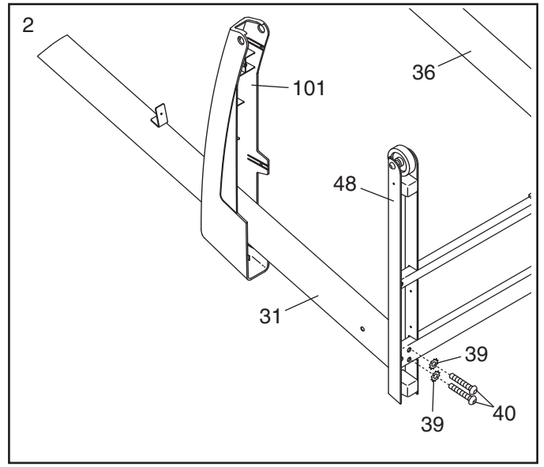
   Orient the Right Upright (36) and the Base (48) as shown. Attach the Right Upright to the Base with two Upright Bolts (40) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**



2. Orient the Left Upright (31) as shown, and slide the Left Base Leg Cover (101) onto the Left Upright.

   Attach the Left Upright (31) to the Base (48) with two Upright Bolts (40) and two Upright Star Washers (39); **do not tighten the Upright Bolts yet.**

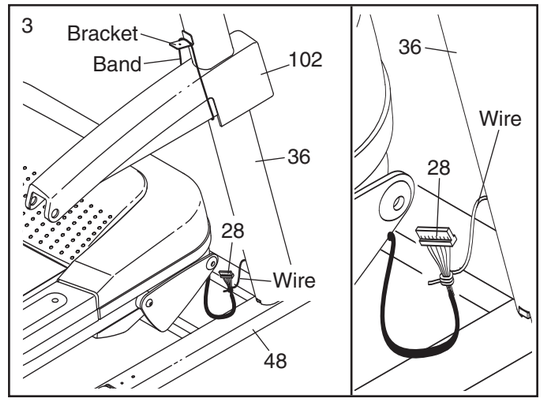
   Raise the Uprights (31, 36).



3. Place an elastic band around the Right Base Leg Cover (102) and the bracket on the Right Upright (36) as shown. Place another elastic band around the Left Base Leg Cover (not shown) and the bracket on the Left Upright (not shown).

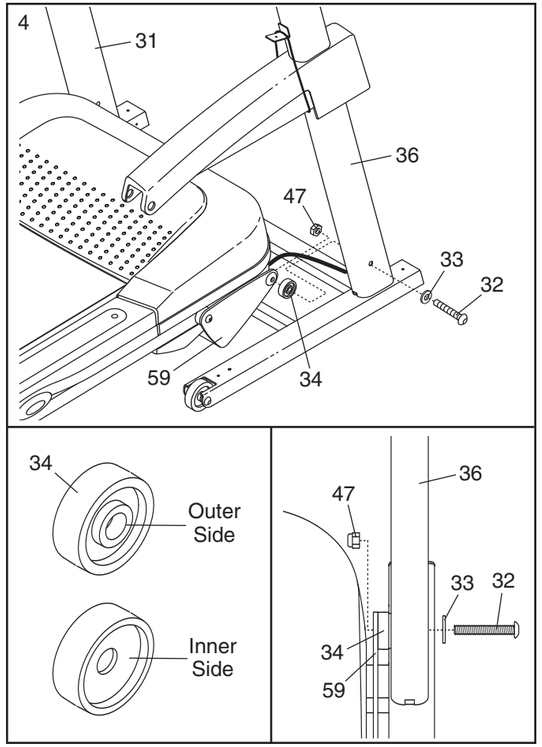
   Position the Base (48) near the front of the treadmill as shown.

   Locate the wire in the Right Upright (36). See the inset drawing. Tie the wire **securely** to the connector on the Upright Wire (28). Then, insert the connector into the square hole in the Right Upright.



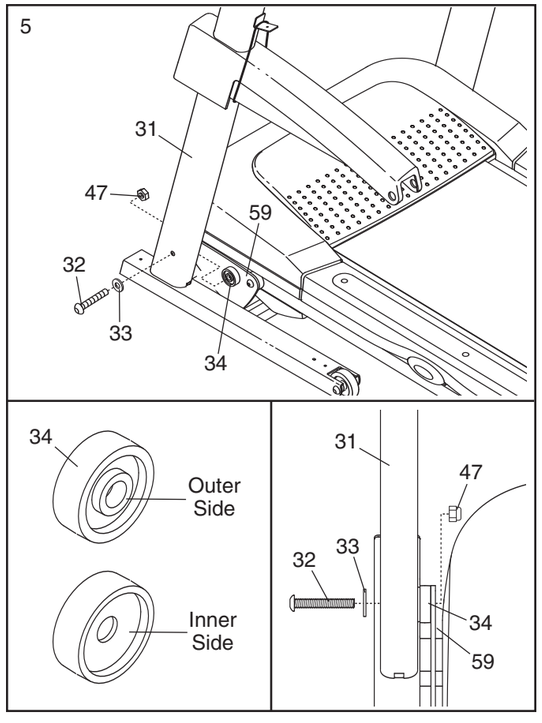
4. See the left inset drawing. Identify the two Frame Spacers (34). Open the included packet of grease, and apply grease to both sides of both Frame Spacers. Then, identify the outer side of each Frame Spacer.

   Hold a Frame Spacer (34) between the Right Upright (36) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Right Upright.** Attach the Right Upright to the Lift Frame with a Frame Bolt (32), an Upright Washer (33), and a Nut (47); **do not tighten the Nut yet.**



5. See the left inset drawing. Identify the outer side of the remaining Frame Spacer (34).

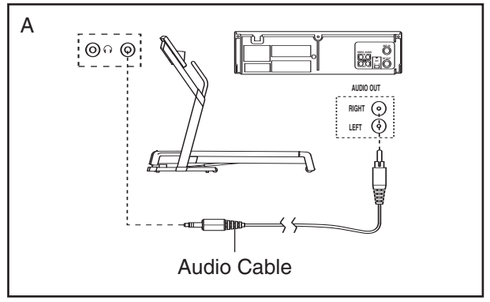
   Hold the Frame Spacer (34) between the Left Upright (31) and the Lift Frame (59), **with the outer side of the Frame Spacer facing the Left Upright.** Attach the Left Upright to the Lift Frame with a Frame Bolt (32), an Upright Washer (33), and a Nut (47); **do not tighten the Nut yet.**



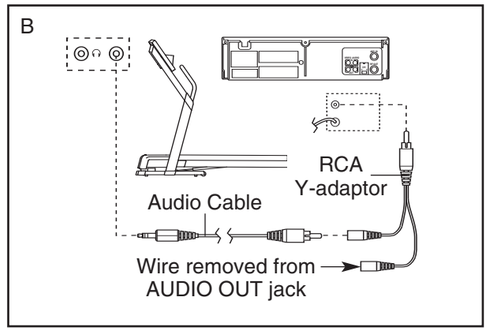
HOW TO CONNECT YOUR VCR

Note: If your VCR has an unused AUDIO OUT jack, see instruction A below. If the AUDIO OUT jack is being used, see instruction B. If you have a TV with a built-in VCR, see instruction B. If your VCR is connected to your home stereo, see HOW TO CONNECT YOUR HOME STEREO on page 20.

A. Plug one end of a long 3.5mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your VCR.



B. Plug one end of a long 3.5mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the AUDIO OUT jack on your VCR and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the AUDIO OUT jack on your VCR.



HOW TO USE AN IFIT.COM MP3, CD, OR VIDEO PROGRAM

To use an iFIT.com MP3, CD, or video program, the treadmill must be connected to your MP3 player, CD player, or VCR. See HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS on pages 19 to 21. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs and videocassettes, please call the telephone number on the front cover of this manual.**

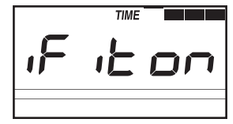
Follow the steps below to use an iFIT.com MP3, CD, or video program.

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2 Select the iFIT.com mode.

To select the iFIT.com mode, press the iFIT button. Make sure that the words “iFit on” appear in the display for a moment.



3 Press the Play button on your MP3 player, CD player, or VCR.

Note: If you are using an iFIT.com CD, insert the CD into your CD player; if you are using an iFIT.com videocassette, insert the videocassette into your VCR.

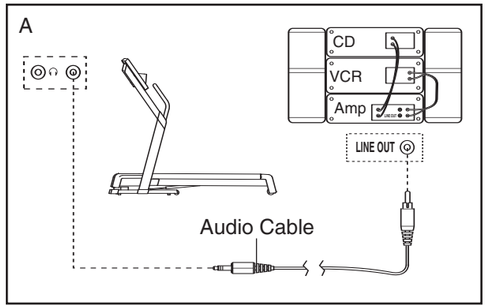
A moment after the Play button is pressed, your personal trainer will begin guiding you through your workout. Simply follow your personal trainer’s instructions. Note: If the time is flashing in the display, press the Start button or the Speed increase button on the console. The treadmill will not respond to an MP3, CD, or video program while the time is flashing in the display.

During the program, an electronic “chirping” sound will alert you when the speed and/or incline of the treadmill is about to change. **CAUTION: Always listen for the “chirp” and be prepared for speed and/or incline changes. In some instances, the speed and/or incline may change before your personal trainer describes the change.**

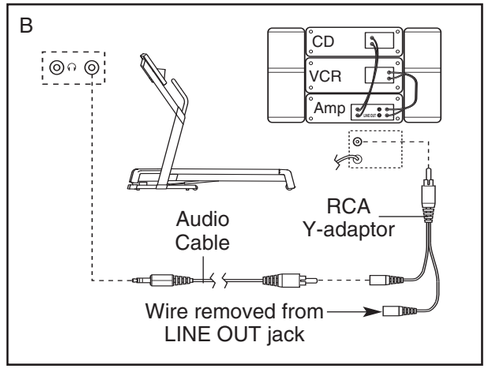
HOW TO CONNECT YOUR HOME STEREO

Note: If your stereo has an unused LINE OUT jack, see instruction A below. If the LINE OUT jack is being used, see instruction B.

A. Plug one end of a long 3.5mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

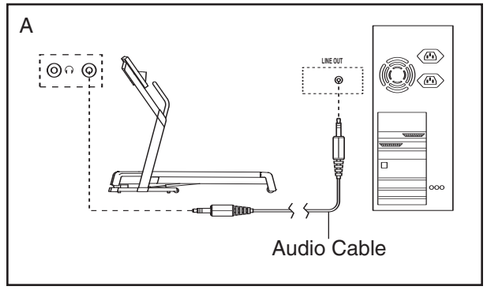


B. Plug one end of a long 3.5mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into an RCA Y-adaptor (available at electronics stores). Next, remove the wire that is currently plugged into the LINE OUT jack on your stereo and plug the wire into the unused side of the Y-adaptor. Plug the Y-adaptor into the LINE OUT jack on your stereo. Note: While the Y-adaptor is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



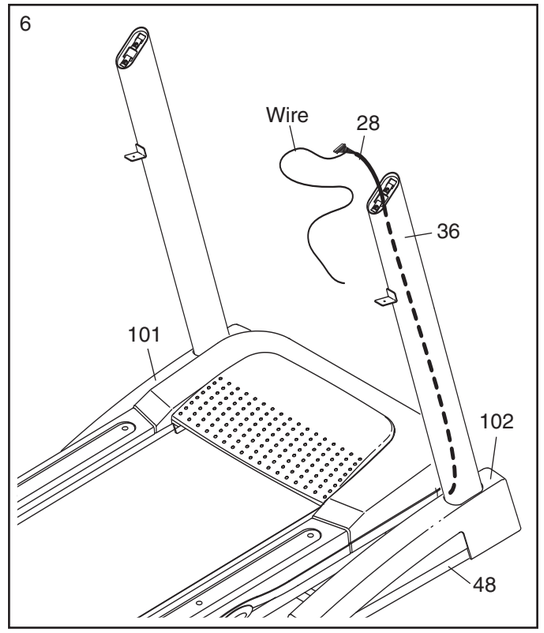
HOW TO CONNECT YOUR COMPUTER

A. Plug one end of a long 3.5mm to 3.5mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your computer. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.



6. Pull the indicated wire until the Upright Wire (28) is extending from the upper end of the Right Upright (36). Then, disconnect and discard the wire.

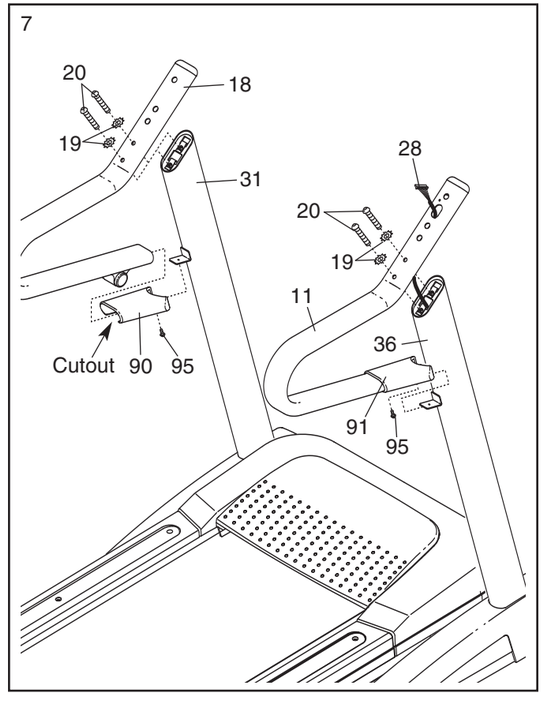
   Remove the elastic bands from the Left and Right Base Leg Covers (101, 102) and press them onto the Base (48) as shown.



7. Identify the Right Handrail Endcap (91), which does **not** have a cutout in the bottom, and slide it onto the lower end of the Right Handrail (11). Make sure that the screw hole in the Right Handrail Endcap is at the bottom. Next, hold the Right Handrail near the Right Upright (36), and insert the Upright Wire (28) into the hole in the bottom of the Right Handrail and out of the indicated hole in the top. Then, remove the tie from the Upright Wire.

   Set the Right Handrail (11) on the Right Upright (36) while sliding the lower end of the Right Handrail onto the bracket on the Right Upright. Hand tighten two Handrail Bolts (20) with two Handrail Star Washers (19) into the Right Handrail and the Right Upright. Next, slide the Right Handrail Endcap (91) against the Right Upright, and tighten an Endcap Screw (95) into the Right Handrail Endcap. Then, tighten the two Handrail Bolts. **Make sure that the Upright Wire (28) is not pinched.**

   Attach the Left Handrail (18) and the Left Handrail Endcap (90) to the Left Upright (31) as described above.

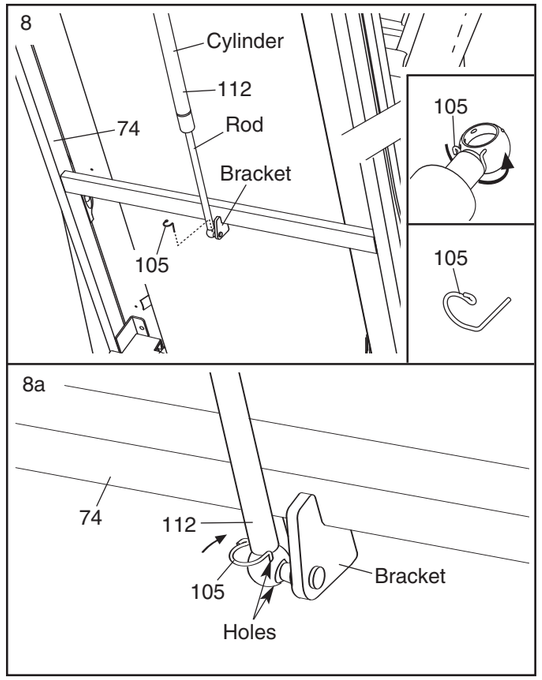


8. Have a second person raise and hold the treadmill Frame (74).

   Identify the Gas Spring (112). Note that the Gas Spring has a cylinder end and a rod end. See the two small inset drawings. Locate the Spring Clip (105) in the rod end of the Gas Spring. Using your fingernail or the end of a screwdriver, press on the end of the Spring Clip to loosen it, rotate the Spring Clip, and then pull the Spring Clip out of the Gas Spring. **Be careful to avoid losing the Spring Clip.** Note: Extra Spring Clips are included.

   Next, hold the rod end of the Gas Spring (112) near the bracket in the center of the Frame (74). Press the end of the Gas Spring as far as possible onto the ball on the bracket.

   See drawing 8a. Insert the Spring Clip (105) into the two indicated small holes in the rod end of the Gas Spring (112). Then, rotate the Spring Clip until it clips onto the Gas Spring.

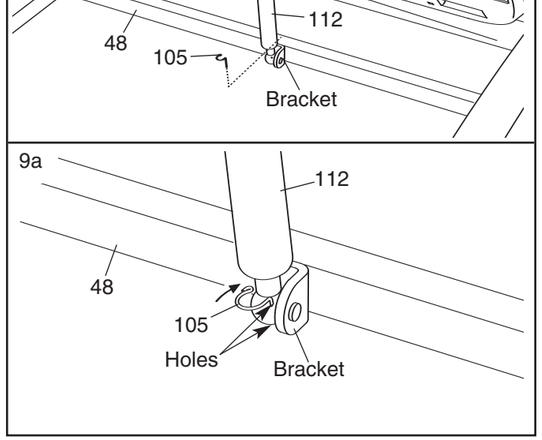


9. Pivot the cylinder end of the Gas Spring (112) down to the position shown. Remove the Spring Clip (105) from the end of the Gas Spring.

   Next, align the cylinder end of the Gas Spring (112) with the bracket in the center of the Base (48). Press the end of the Gas Spring onto the ball on the bracket. Note: It may be necessary to pivot the Frame (not shown) forward or backward slightly to align the end of the Gas Spring with the ball.

   See drawing 9a. Insert the Spring Clip (105) into the two indicated small holes in the Gas Spring (112). Then, rotate the Spring Clip until it clips onto the Gas Spring.

   With the help of a second person, lower the Frame (not shown) to the floor.

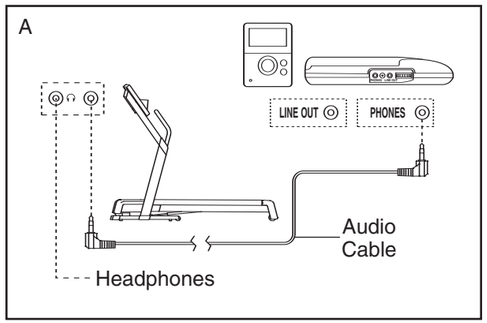


HOW TO CONNECT THE TREADMILL TO USE IFIT.COM PROGRAMS

To use iFIT.com MP3 or CD programs, the treadmill must be connected to your MP3 player, CD player, portable stereo, home stereo, or computer. See pages 19 and 20 for connecting instructions. **To use iFIT.com programs directly from our Web site**, the treadmill must be connected to your computer. See page 20 for connecting instructions. **To use iFIT.com video programs**, the treadmill must be connected to your VCR. See page 21 for connecting instructions.

HOW TO CONNECT YOUR MP3 PLAYER OR CD PLAYER

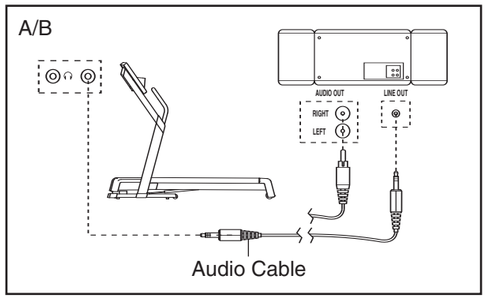
A. Plug one end of the included 3.5mm to 3.5mm stereo audio cable into the input jack on the console. Plug the other end of the cable into a jack on your MP3 player or CD player. Plug your headphones into the headphone jack on the console.



HOW TO CONNECT YOUR PORTABLE STEREO

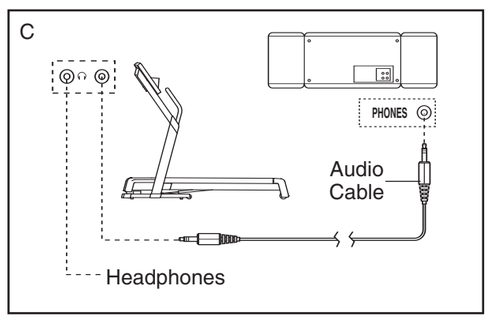
Note: If your stereo has an RCA-type AUDIO OUT jack, see instruction A below. If your stereo has a 3.5mm LINE OUT jack, see instruction B. If your stereo has only a PHONES jack, see instruction C.

A. Plug one end of a long 3.5mm to RCA stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the AUDIO OUT jack on your stereo.



B. See the drawing above. Plug one end of a long 3.5mm to 3.5mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the LINE OUT jack on your stereo. Note: While the cable is plugged into the LINE OUT jack, do not plug your headphones into the headphone jack on the console.

C. Plug one end of a long 3.5mm to 3.5mm stereo audio cable (available at electronics stores) into the input jack on the console. Plug the other end of the cable into the PHONES jack on your stereo. Plug your headphones into the headphone jack on the console.

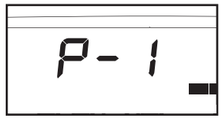


HOW TO USE A PRESET PROGRAM

1 Insert the key into the console.

See HOW TO TURN ON THE POWER on page 16.

2 Select a preset program.

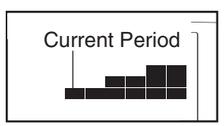


To select one of the ten preset programs, press the Program Select button repeatedly until one of the programs numbered “P–1” through “P–10” appears in the display. When a preset program is selected, the maximum incline setting of the program and the maximum speed setting of the program will flash in the display for a few seconds. The display will also show how long the program will last. A profile of the speed settings of the program will scroll across the matrix in the upper right corner of the display.

3 Press the Start button or the Speed increase button to start the program.

A moment after the button is pressed, the treadmill will automatically adjust to the first speed and incline settings of the program. Hold the handrails and begin walking.

Each program is divided into several one-minute periods. One speed setting and one incline setting are programmed for each period. Note: The same speed setting and/or incline setting may be programmed for two or more consecutive periods.



The speed setting for the first period will be shown in the flashing Current Period column of the matrix in the display. (The incline settings are not shown in the matrix.) The speed settings for the next four periods will be shown in the columns to the right.

When only three seconds remain in the first period of the program, both the Current Period column and the column to the right will flash and a series of tones will sound. If the speed and/or incline of the treadmill is about to change, the speed setting and/or the incline setting will flash in the display to alert you.

When the first period is completed, *all speed settings will move one column to the left*. The speed setting for the second period will then be shown in the flashing Current Period column and the treadmill will automatically adjust to the speed and incline settings for the second period. Note: If all five of the indicators in the Current Period column are lit, *the speed settings may move downward* so that only the highest indicators appear in the matrix.

The program will continue in this way until the speed setting for the last period is shown in the Current Period column and the last period ends. The walking belt will then slow to a stop.

If the speed or incline setting for the current period is too high or too low, you can manually override the setting by pressing the Speed or Incline buttons. Every few times a Speed button is pressed, an additional indicator will appear or disappear in the Current Period column; if any of the columns to the right of the Current Period column have the same number of lit indicators as the Current Period column, an additional indicator may appear or disappear in those columns as well. **Important: When the current period of the program ends, the treadmill will automatically adjust to the speed and incline settings for the next period.**

To stop the program temporarily, press the Stop button. The time will begin to flash in the display. To restart the program, press the Start button or the Speed increase button. The walking belt will begin to move at 2 Km/H. When the next period of the program begins, the treadmill will automatically adjust to the speed and incline settings for the next period. To end the program, press the Stop button, remove the key, and then reinsert the key.

4 Follow your progress with the display.

See step 5 on page 17.

5 Measure your heart rate if desired.

See step 6 on page 17.

6 Turn on the fan if desired.

See step 7 on page 17.

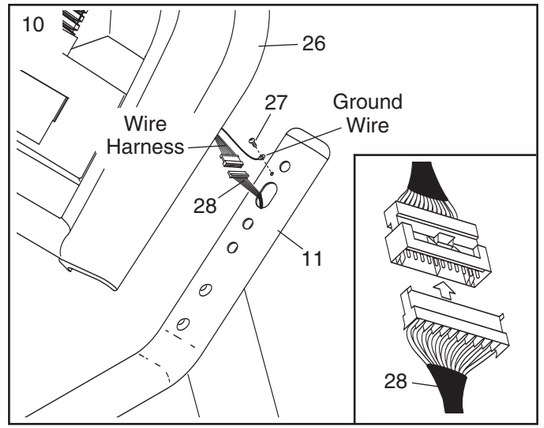
7 When the program is completed, remove the key from the console.

See step 8 on page 17.

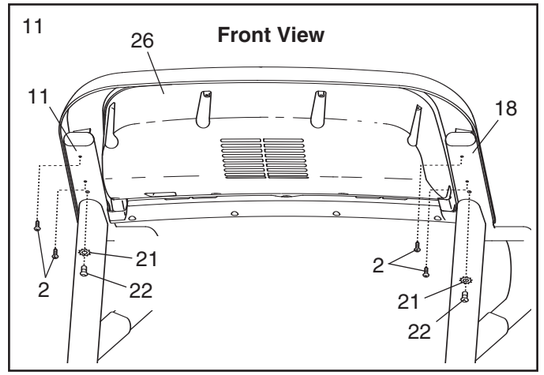
10. Attach the ground wire on the Console Base (26) to the Right Handrail (11) with a Silver Ground Screw (27).

    Connect the wire harness on the Console Base (26) to the Upright Wire (28) as shown in the inset drawing. **Important: If the connectors are oriented correctly, they will slide together easily and snap into place. If the connectors are not oriented correctly, the console may be damaged when the power is turned on.**

    Insert the connectors and excess wire into the Console Base (26).



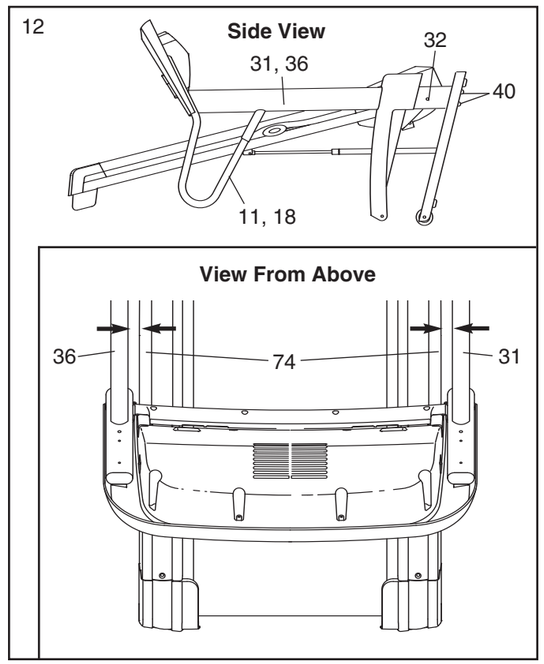
11. Attach the Console Base (26) to the Handrails (11, 18) with four 3/4" Screws (2); **do not tighten the Screws yet.** Next, tighten two Console Bolts (22) with 1/4" Star Washers (21) into the Handrails and the Console Base. **Then, tighten the four Screws.**



12. Lower the Uprights (31, 36) as shown.

    See the inset drawing. Push the Uprights (31, 36) sideways so that the treadmill Frame (74) is centered between the Uprights.

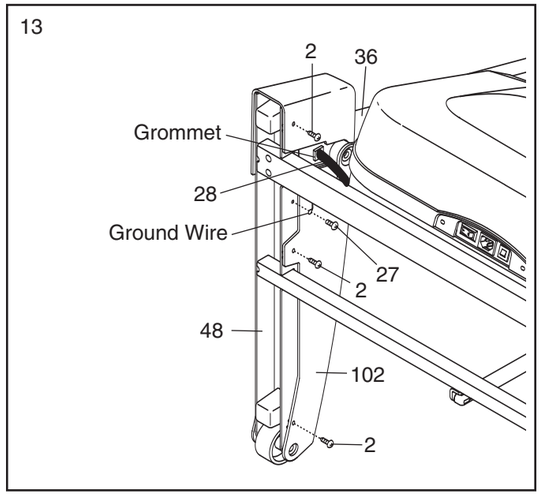
    Firmly tighten the Upright Bolts (40) and the Frame Bolts (32) on each side of the treadmill. **Do not overtighten the Frame Bolts.**



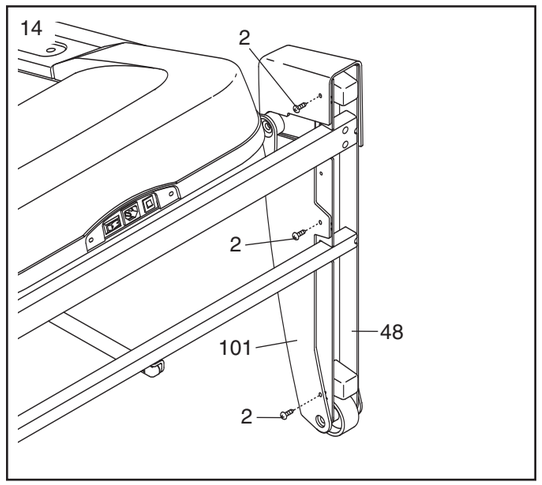
13. Attach the ground wire on the Upright Wire (28) to the indicated hole in the Base (48) with a Silver Ground Screw (27).

Press the indicated grommet into the Right Upright (36).

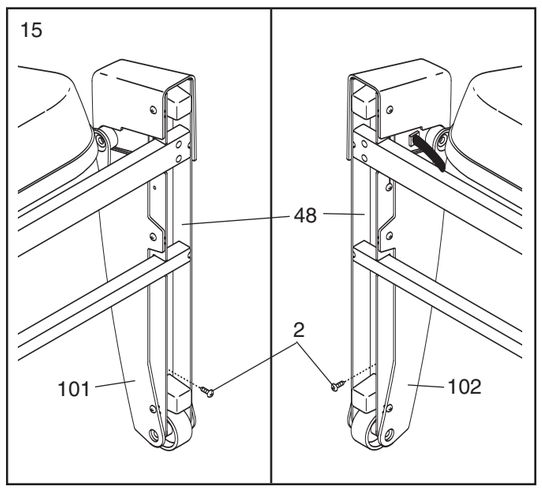
Slide the Right Base Leg Cover (102) onto the Base (48) as shown. Attach the Right Base Leg Cover with three 3/4" Screws (2). **Be careful not to pinch the Upright Wire (28). Do not overtighten the Screws.**



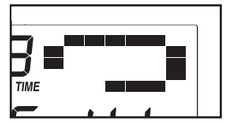
14. Slide the Left Base Leg Cover (101) onto the Base (48) as shown. Attach the Left Base Leg Cover with three 3/4" Screws (2). **Be careful not to overtighten the Screws.**



15. Tighten a 3/4" Screw (2) into each side of the Base (48) and each Base Leg Cover (101, 102). **Be careful not to overtighten the Screws.**



5 Follow your progress with the display.



When the manual mode is selected, a track representing 400 meters will appear in the upper right corner of the display. As you walk or run on the treadmill, the indicators around the track will appear in succession until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.

The upper left corner of the display will show the elapsed time since you started your workout.

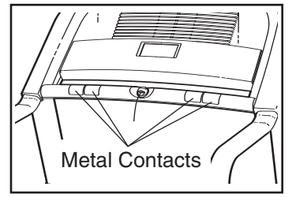
The lower left corner of the display will show the distance that you have walked or run during your workout and the incline level of the treadmill.

The lower right corner of the display will show the speed of the walking belt and the approximate number of calories that you have burned during your workout. The lower right corner of the display will also show your heart rate when you use the handgrip pulse sensor.

To reset the display, press the Stop button, remove the key, and then reinsert the key.

6 Measure your heart rate if desired.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and place your hands on the metal contacts—**avoid moving your hands**. When your pulse is detected, the heart symbol in the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

7 Turn on the fan if desired.

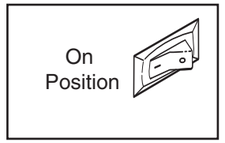
To turn on the fan, press the Fan button. To turn on the fan at high speed, press the button a second time. To turn off the fan, press the button a third time. Note: If the fan is left on when the walking belt is stopped, the fan will automatically turn off after a few minutes.

8 When you are finished exercising, remove the key.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when the treadmill is folded to the storage position, or the treadmill will be damaged.** Next, remove the key from the console and put it in a secure place. **Note: If the display remains lit after the key is removed, the console is in the "demo" mode. See page 23 and turn off the demo mode.**

When you are finished using the treadmill, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO TURN ON THE POWER



Plug in the power cord (see page 14). Next, locate the on/off switch on the treadmill frame near the power cord. Make sure that the on/off switch is in the “on” position.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 15), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console; after a moment, the display will light. **Important: In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.**

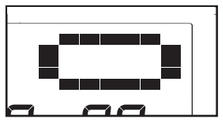
Note: To prevent damage to the walking platform, always wear clean shoes while using the treadmill.

HOW TO USE THE MANUAL MODE

1 Insert the key into the console.

See HOW TO TURN ON THE POWER above.

2 Select the manual mode.



When the key is inserted, the manual mode will be selected. If a program has been selected, press the Program Select button repeatedly until a track appears in the display.

3 Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the buttons numbered 2 through 16.

If the Start button or the Speed increase button is pressed, the walking belt will begin to move at 2 Km/H. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 Km/H; if a button is held down, the speed setting will change in increments of 0.5 Km/H.

If one of the eight numbered buttons is pressed, the walking belt will gradually increase in speed until it reaches the selected speed setting. **Note: The console can display speed and distance in either miles or kilometers (see THE INFORMATION MODE/DEMO MODE on page 23). For simplicity, all instructions in this section refer to kilometers.**

To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the eight numbered buttons.

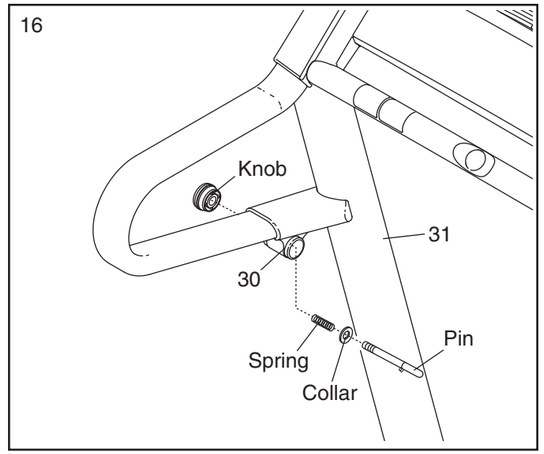
Note: The first time you use the treadmill, periodically inspect the alignment of the walking belt, and center it if necessary (see page 26).

4 Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons. Each time a button is pressed, the incline setting will change by 0.5%; if a button is held down, the incline setting will change quickly.

16. Carefully raise the Uprights (31, 36).

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin as shown. Insert the pin into the Latch Housing (30), and tighten the knob back onto the pin.



17. **Make sure that all parts are properly tightened before you use the treadmill.** Note: Extra hardware may be included. Keep the included hex keys in a secure place; the large hex key is used to adjust the walking belt (see page 26). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

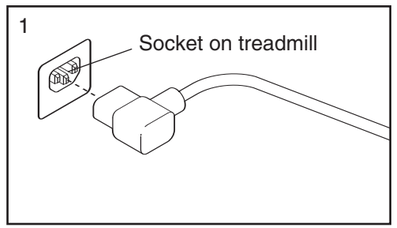
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

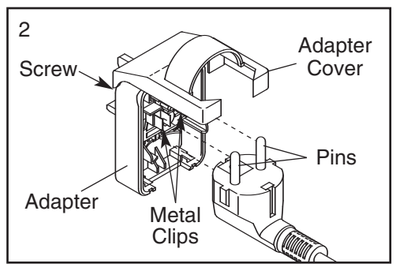
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

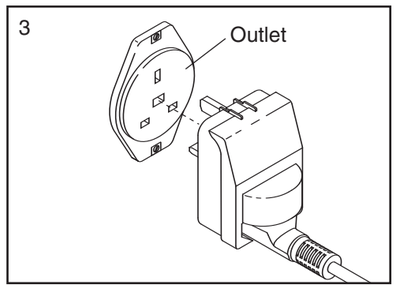
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



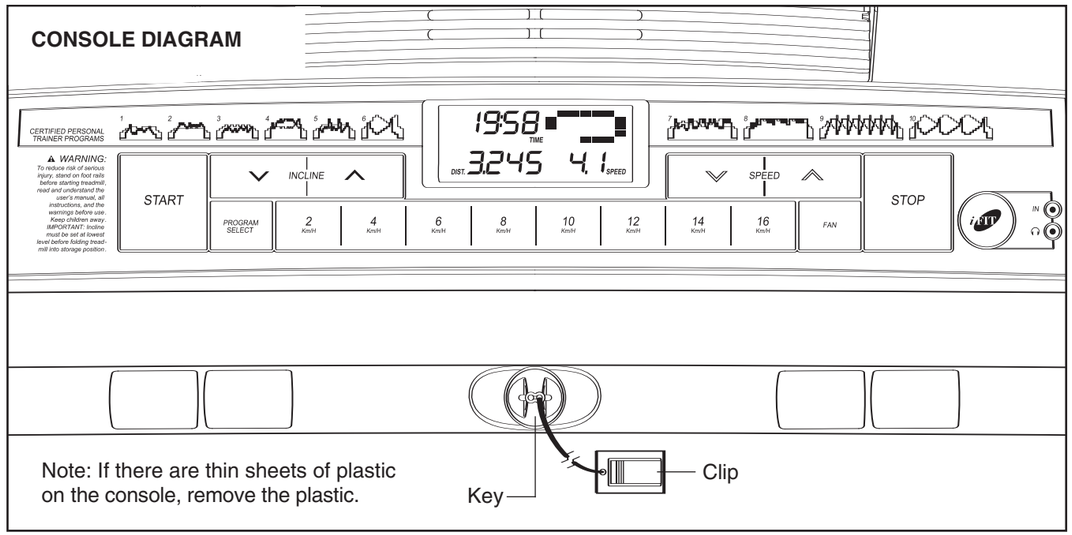
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**



See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.



FEATURES OF THE CONSOLE

The treadmill console offers a selection of features designed to make your workouts more effective. When the manual mode of the console is selected, the speed and incline of the treadmill can be changed with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in pulse sensor.

The console also features ten preset programs. Each program controls the speed and incline of the treadmill as it guides you through an effective workout.

The console also features iFIT.com interactive technology. Having iFIT.com technology is like having a personal trainer in your home. Using a stereo audio cable, you can connect the treadmill to your portable stereo, home stereo, computer, or VCR and play special iFIT.com MP3, CD, and video programs (iFIT.com MP3 programs, CDs, and videocassettes are available separately). iFIT.com programs automatically control the speed and incline of the treadmill as a personal trainer guides you through every step of your workout; high-energy music provides added motivation. **To download iFIT.com MP3 programs, go to www.iFIT.com. To purchase iFIT.com CDs and videocassettes, call the telephone number on the front cover of the manual.**

With the treadmill connected to your computer, you can also go to www.iFIT.com and access iFIT.com programs directly from our Web site. **See www.iFIT.com for more information.**

To use the manual mode of the console, follow the steps beginning on page 16. **To use a preset program**, see page 18. **To use an iFIT.com MP3, CD, or video program**, see page 21. **To use an iFIT.com program directly from our Web site**, see page 22.

PART LIST—Model No. PETL30706.0

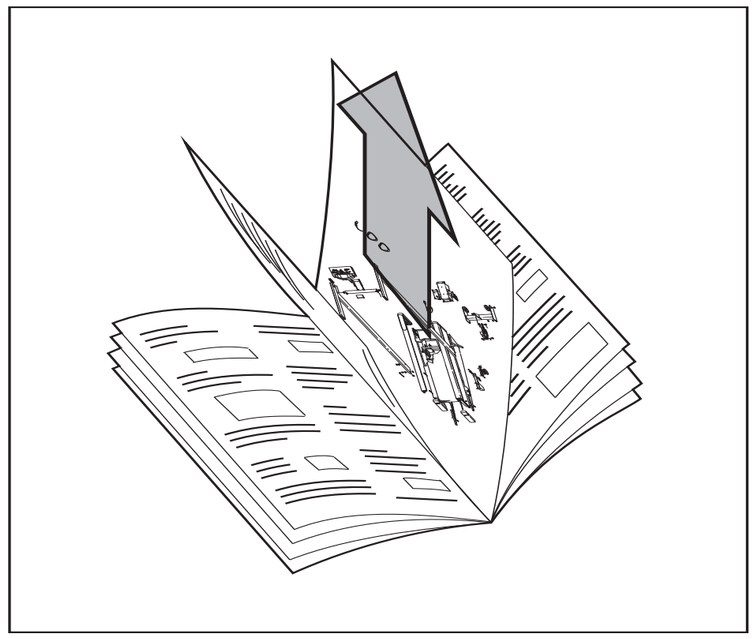
R0506A

Key No.	Qty.	Description
1	1	Hood
2	28	3/4" Screw
3	1	Left Foot Rail
4	8	Foot Rail Screw
5	2	Motor Tension Bolt
6	2	Motor Tension Washer
7	1	Motor Star Washer
8	2	Motor Bolt
9	1	Drive Motor
10	1	Motor Bracket
11	1	Right Handrail
12	4	Power Bracket Star Washer
13	1	Power Cord Assembly
14	4	U-nut
15	2	Fan Screw
16	1	Console Fan
17	2	Handrail Endcap
18	1	Left Handrail
19	4	Handrail Star Washer
20	4	Handrail Bolt
21	2	1/4" Star Washer
22	2	Console Bolt
23	1	Key/Clip
24	2	Frame Pivot Spacer
25	1	Console
26	1	Console Base
27	10	Sliver Ground Screw
28	1	Upright Wire
29	1	Latch Pin Assembly
30	1	Latch Housing
31	1	Left Upright
32	2	Frame Bolt
33	2	Upright Washer
34	2	Frame Spacer
35	2	Base Endcap
36	1	Right Upright
37	4	Base Pad
38	15	3/4" Tek Screw
39	4	Upright Star Washer
40	4	Upright Bolt
41	2	Caution Decal
42	1	Pulse Bar Bracket
43	1	Latch Warning Decal
44	4	Wheel Spacer
45	2	Wheel
46	1	Pulley/Flywheel
47	4	Nut
48	1	Base
49	2	Clamp
50	1	Belly Pan
51	1	Controller
52	2	Lift Frame Washer
53	2	Lift Frame Bolt
54	5	3/8" Nut
55	1	Lift Motor
56	1	Stop Bracket
57	1	Incline Motor Bolt, Top
58	1	Incline Motor Bolt, Bottom
59	1	Lift Frame
60	2	Motor Tension Nut
61	1	Motor Belt
62	1	Reed Switch
63	1	Clip
64	1	Front Roller/ Pulley
65	1	Motor Pivot Bolt
66	2	Platform Bolt, Front
67	1	Magnet
68	2	Belt Guide
69	4	Isolator Fastener
70	2	Isolator
71	4	Belt Guide Screw
72	1	Walking Belt
73	1	Walking Platform
74	1	Frame
75	1	Right Foot Rail
76	2	Hood Screw
77	4	Platform Nut
78	2	Platform Bolt, Rear
79	1	Rear Roller
80	1	Right Rear Foot
81	2	Rear Roller Star Washer
82	2	Rear Roller Bolt
83	1	Left Rear Foot
84	1	Ground Wire
85	1	Hex Key
86	4	Rear Roller Washer
87	1	5/32" Hex Key
88	2	Rear Roller Bracket
89	2	Wheel Bolt
90	1	Left Handrail Endcap
91	1	Right Handrail Endcap
92	1	Latch Catch
93	3	Ground Screw
94	1	Transformer
95	2	Endcap Screw
96	1	Incline Motor Nut, Upper
97	2	Front Roller Bushing
98	1	Releasable Tie
99	10	8" Tie
100	2	Plastic Tie
101	1	Left Base Leg Cover
102	1	Right Base Leg Cover
103	4	Hood Cover Screw
104	1	Hood Cover
105	1	Gas Spring Clip Kit
106	2	Latch Screw
107	1	Ground Bolt
108	1	Ground Nut
109	1	Filter
110	1	Transformer
111	1	Electronics Bracket
112	1	Gas Spring
#	1	4" Red Wire, M/F
#	1	8" Green Wire, F/R
#	1	4" Blue Wire, 2F
#	1	User's Manual

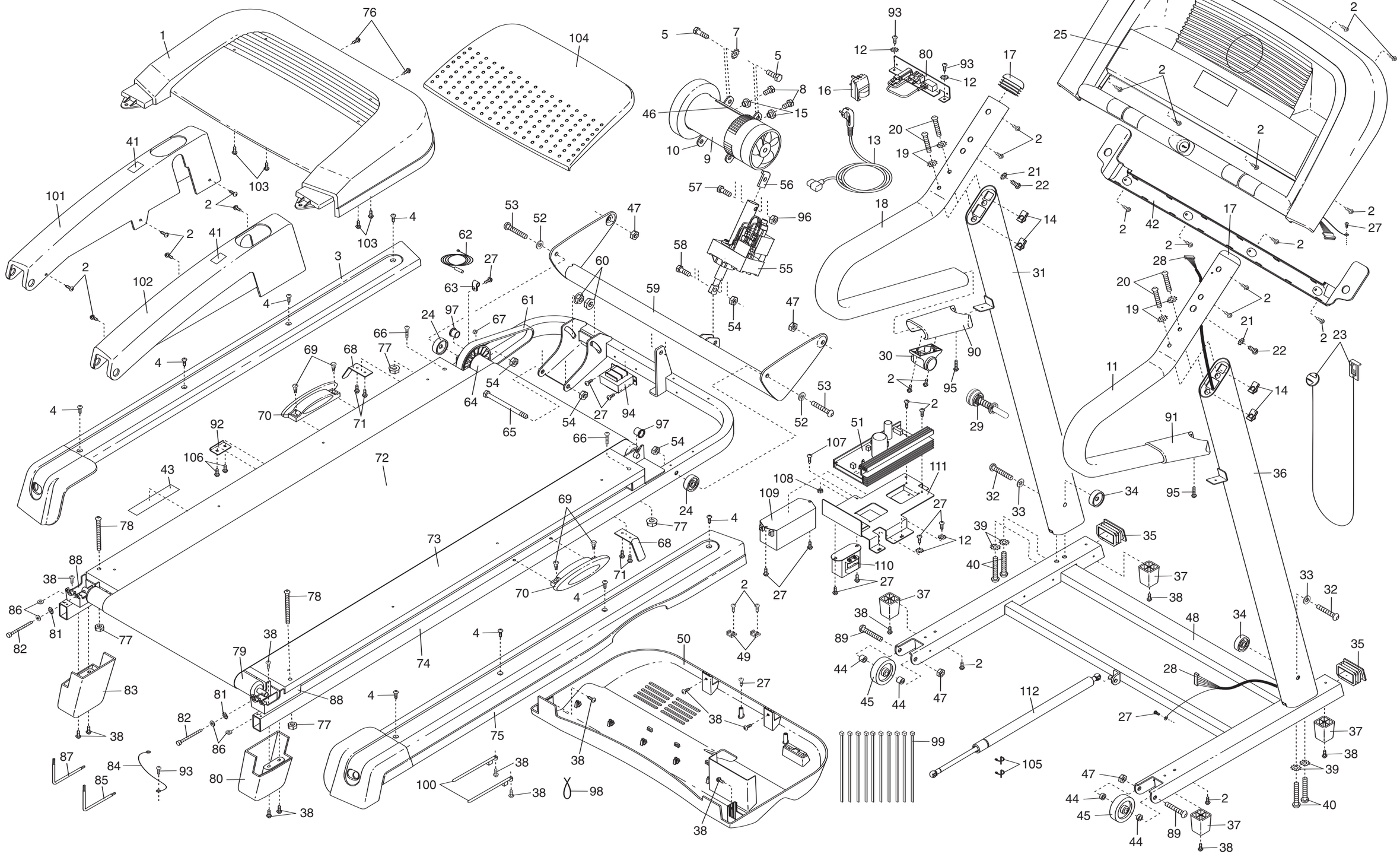
These parts are not illustrated.
Specifications are subject to change without notice.

REMOVE THIS EXPLODED DRAWING AND PART LIST FROM THE MANUAL

Save this EXPLODED DRAWING and PART LIST for future reference.



Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of the User's Manual.

EXPLODED DRAWING—Model No. PETL30706.0

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